



## Carrick Cluster: P7 Transition Event

Wednesday 28<sup>th</sup> October 2026



### *Rationale*

The event is designed to promote physical and mental wellbeing among pupils. The pupils will work with our PE and Guidance staff who will offer engaging activities, practical strategies and opportunities for self-reflection. We will aim to help the pupils build healthy habits, develop resilience and understand how to take care of themselves and others.

The schedule for the day is as follows:

|                                  |                                                                                                                                                                             |
|----------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Arrive between 9.30am and 9.45am | Schools should report to the main office and will then be escorted to the Hellerup stairs                                                                                   |
| 9.45am – 10am                    | Introduction and welcome by Year Head, Mrs McCarron                                                                                                                         |
| 10am – 11am                      | Team Building Activities with PE staff<br><br>These activities are designed to strengthen relationships, improve communication, and encourage collaboration amongst pupils. |
| 11am – 11.20am                   | Interval in the PE Games Hall                                                                                                                                               |
| 11.20am – 12.30pm                | Continuation of Team Building Activities with PE staff                                                                                                                      |
| 12.30pm – 1.10pm                 | Lunch in the Lower Ground Floor Gym Hall                                                                                                                                    |
| 1.10pm – 2pm                     | Wellbeing input by Guidance Staff<br><br>Pupils will complete a wellbeing web and undertake other activities designed to build resilience and self-care.                    |
| 2pm – 2.15pm                     | Final thoughts and debrief with Year Head, Mrs McCarron                                                                                                                     |
| 2.15pm                           | Depart                                                                                                                                                                      |

- The event is for P7 pupils who will be attending Carrick Academy next session.
- All pupils must bring a packed lunch and a bottle of water.
- Pupils to come wearing their PE Kits and trainers.
- Transport to and from Carrick Academy to be organised by Parents/Carers.
- P7 pupils will be supported by Carrick Academy pupils during their visit to Carrick Academy.